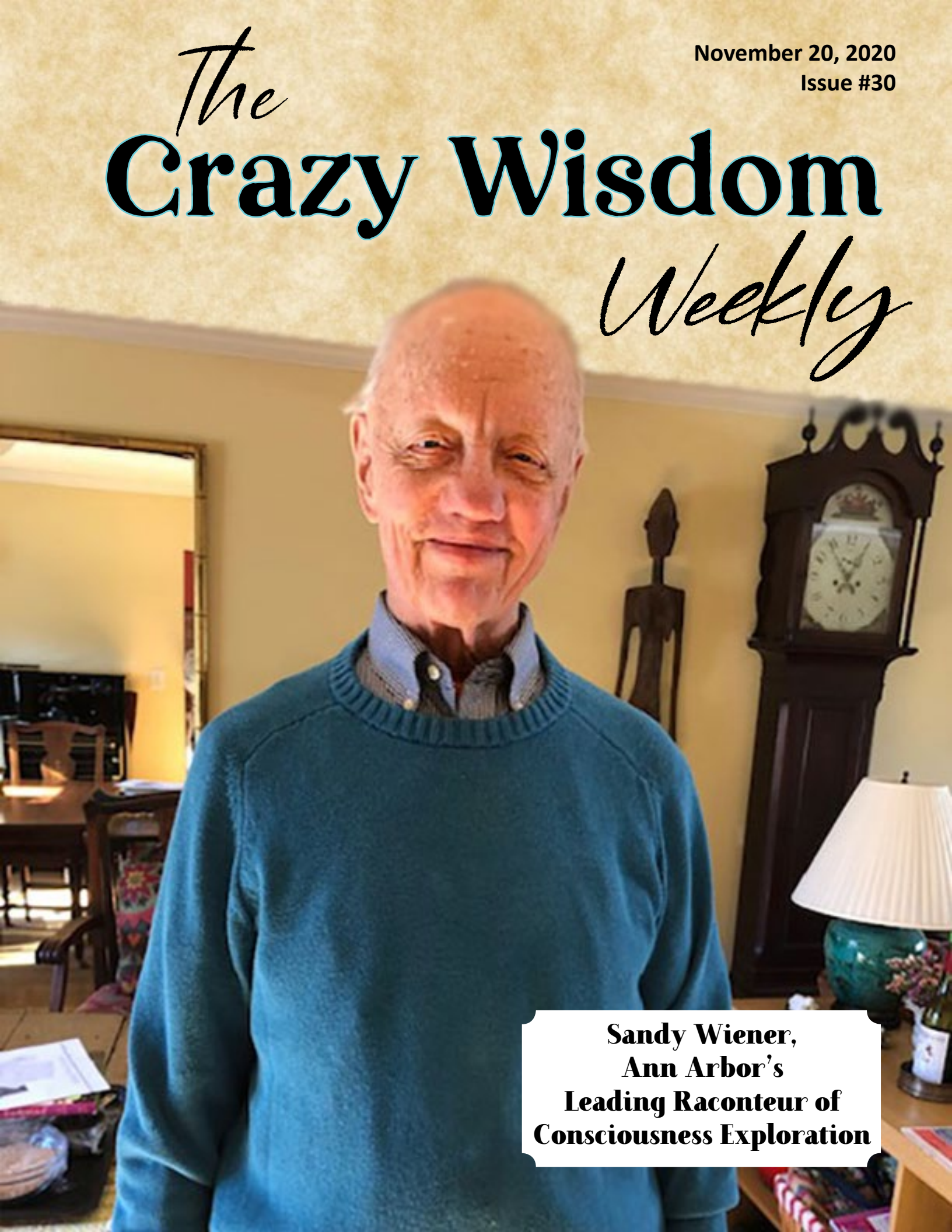
November 20, 2020
Issue #30

The Crazy Wisdom Weekly



Sandy Wiener, Ann Arbor's Leading Raconteur of Consciousness Exploration

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by Kraken Images Unsplash

The Crazy Wisdom Weekly

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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Calendar Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented calendar editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year, and it includes a community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. You must own your own computer as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest and a resume with relevant work experience to Jennifer@crazywisdom.net.

(This job pays reasonably well, but it is a very part-time position.)

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Catherine Carlson
Lisa Abrams
Sandy Wiener
Jennifer Carson
Bill Zirinsky

word of the week:

Razbliuto

A sentimental feeling.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

WELCOMING THE UNWELCOME: WHOLEHEARTED LIVING IN A BROKENHEARTED WORLD

By Catherine Carlson

Whether you are new to Pema Chodron's work, or you are already a fan, Welcoming The Unwelcome: Wholehearted Living in a Brokenhearted World, her first work in over seven years, is incredibly timely and sounds like a kind of mantra for 2020, or perhaps the entire decade. It seems either on a global scale, or a smaller more personal one, each and every one of us has something on our doorstep we would rather not let inside. Yet, allowing what we don't desire to enter is precisely what we must do. As Chodron points out, it isn't going anywhere.

Chodron is a Buddhist nun and as much a student as a teacher. She shares her wisdom for handling difficult circumstances that she has learned from her many years immersed in the Buddhist practices—from other wonderful teachers, students, friends, and her own family. She has a lively story to go with every technique for embracing what is uncomfortable.

Chodron says those of us who are drawn to this book are most likely motivated by Bodhichitta: The Awakened Heart. That is, we wish to embody the teachings in this book for our own well-being but also to help others. Bodhichitta begins by becoming free of what's in the way of helping others and requires commitment.

Having a broken heart, as it turns out, is the ideal place to start—contrary to Western culture, which makes it seem as though we must have it all together in order to handle all that comes. According to Chodron, it is the cracks in our emotional center that help us grow stronger in our ability to manage more of what life throws at us. Much of it involves acceptance (which is not the same as liking!) and adapting to what is, using tools and practices, versus fixing and altering.

Chodron addresses what, to her, is the most challenging unwelcome aspect—the polarization we have seen in our current world. She says our concepts and fixations are what bring about "us and them" division and prevent us from fully being there for others. She relates a time of being stuck on labeling her own mother as a hypochondriac. Her mother's friend had a completely different view of her, which ended up changing Chodron's mind. Freeing ourselves from labels is one path to Bodhichitta.

The term "Basic Goodness" is an anchor throughout the book. One of the most touching stories is from a prisoner friend who has learned to see the basic goodness in his fellow prisoners, and by sharing his observation, we see it, too. It's not always easy, but by trusting in the basic goodness in humanity, and in ourselves, we make society stronger and more resilient.

There is a section devoted to the unwelcome shock that comes when your entire world changes in an instant, as in a sudden event or revelation. When your bubble bursts, connecting to the feelings of meaninglessness that follows gives us wisdom. We also become familiar with emptiness, which she says, is an "experience to cultivate rather than avoid." She also gives a simple and fascinating exercise she has cultivated to help lessen the fear of death.

When the going gets tough, we may all take refuge in things like Netflix or food, which, Chodron says, is perfectly fine sometimes. It's cultivating the ability to go outside that comfort zone into the place of risk, which builds our resilience. She says, "As you build up your Bodhichitta muscles, your attitude about adversity changes," and transformation slowly occurs.

Chodron's short chapters are easy to read, well crafted, and so loaded with insight they are worthy of at least a second read. Phrases like, "How we feel about ourselves will determine the future of the world," are deep. The core message of the book is "waking up for others—it is we who have to change." But, "in order to wake up we have to stop struggling with reality." Welcoming The Unwelcome: Wholehearted Living in a Brokenhearted World is the equivalent of a personal flotation device in our lives when maybe you are struggling to keep swimming, feel completely underwater, or need to jump ship. Situations in our lives might not be desirable, but tools for coping are available.

Purchase your copy of *Welcoming the Unwelcome* at shopcrazywisdom.com.

Read more book reviews online

FINELY CRAFTED WARES

ART SALE @ THE VALLEY

DECEMBER 4
2pm-8pm

DECEMBER 5
10am-7pm

DECEMBER 6
12pm-5pm

The Valley
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Maxwell Davis, James Griffin, Jo Johnston, Marie Krull
Douglas Madaras, Tom Phardel, Menlo Park Laboratory

ArtSaleAtTheValley.com

THE POWER OF YOGA NIDRA

By Lisa Abrams

A lot of people have a hard time meditating, but one of the things we all know how to do is sleep. Every night when we fall asleep, there's one thing we must do to be successful—we have to let go of our thoughts.

Yoga Nidra is a sleep meditation. It uses the biological process of sleep to help us naturally and effortlessly disengage from our thoughts. So, we don't have to struggle to sit up straight, no kinks develop in our knees, and there is no pain in our back. Instead, we are lying down in a comfortable position and relaxing toward sleep, where we can experience the deepest states of meditation effortlessly.

The beauty of Yoga Nidra is we can't do it wrong. The hardest thing we have to do is stay awake, but even if we fall asleep, we still get the benefits!

The ancient yogis developed Yoga Nidra to help reduce stress, heal, and restore our bodies and minds while supporting the prevention and reversal of conditions such as osteoarthritis, insomnia, brain fog, depression, anxiety, nervous system issues, and high blood pressure.

Yoga Nidra is the union of awareness to the process of sleeping. It is a 30-40 minute deeply relaxing, sleep-based practice that follows the brainwaves down toward sleep, where our thoughts naturally distance themselves. The goal is to remain alert, while leaving the waking state, going past the dream state, and entering the deep sleep state. Most people fall in and out of sleep while listening to the instructions of the teacher.
Every time we practice Yoga Nidra meditation, we are giving our bodies the very best environment to experience health, peace, and vitality. We are nourishing our bodies with hormones and neurotransmitters that make us happier, more relaxed, stronger, and it all happens effortlessly by doing something that feels great!

Yoga Nidra creates a deeply restorative state that triggers our brains to release neurotransmitters including GABA, dopamine, serotonin, oxytocin, and endorphins. Melatonin, a hormone, is also released. Each of these chemicals creates greater ease and well-being, stronger physical health, mental balance, and reduced inflammation. The practice has been clinically shown to increase mindfulness as well. It can serve as a stand-alone meditation practice or supplement an established meditation practice.

There is an expression, "the best way to predict the future is to invent it." This is also what Yoga Nidra does: it helps us invent our future and reduce our stress, anxiety, and depression that get in the way of what we ideally want in our lives.

Yoga Nidra works by literally stilling the "waves" of the mind. The more we can still the waves of the mind, the more we can notice that we are more than the mind. The more our mind takes a back seat, the more we can enter the power of the mystical third eye, the point between our eyebrows. Yoga Nidra helps open this third eye—the channel where we step out of the field of dualities and into the unified vision of oneness and unconditional love.

What is the difference between Yoga Nidra and meditation? The use of setting intentions and positive affirmations is unique to Yoga Nidra. Setting an intention and repeating it during the 30-minute session allows us to target specific issues we'd like to change and improve. What seems dense and difficult to change at the physical level is pliable and easy to change at the subtler levels of being in the sleep state. Most Yoga Nidra sessions take place in a group setting, but sometimes a private session is helpful because there can be more time to work on developing intentions.

How would it feel to have everything you wanted? In Yoga Nidra, we experience this power. We enter deeper states of consciousness where our unmanifest dreams become manifest reality. We become more loving, peaceful, creative, and productive. Affirmations like "I radiate success and prosper wherever I turn" are manifested. Conditions leave us, and we experience the things in life we have wanted. If we don't know what we want, Yoga Nidra helps identify what that is. If it sounds too good to be true, try it and experience the benefits firsthand!

Lisa Abrams is a Certified Integrative Amrit Method (I AM) Yoga Nidra Facilitator. She currently offers weekly scheduled on line Zoom Yoga Nidra Healing Sessions to people all around the country. She can be reached at lawabrams@comcast.net.

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited nine well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Bill Zirinsky.

Bill Zirinsky

Bill Zirinsky has been the Editorial Director and Publisher of the Crazy Wisdom Community Journal *since it began in 1995. He and his wife, Ruth Schekter, have been the owners of Crazy Wisdom Bookstore (and Tea Room) since 1989. He has crafted many of the publication's in-depth interviews over the years, and also written occasional personal essays, including articles about both his disabled children, and his healthy children, the gifts his mother passed on to him, saying goodbye to his long term psychotherapist, and how much he loves the ocean waves. He has never been on the cover before but agreed to join in with the cover photo shoot, and to participate in this feature.*

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

No, not really. Social distancing has become a habit, and I take it very seriously, and so my family has hardly gotten together with other people since March 13th. But it is a habit I can happily shed once there is a vaccine.

How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

I have spent lots of time with my wife, Ruth, and our 12-year old daughter, Grace. Hard to be lonely with our very entertaining and lively Grace around to brighten each hour! We created a nightly ritual of watching some television together. We have gone through watching three Netflix series about raising teenagers. First, *Atypical*, about an optimistic teenager with high-functioning autism, and his athletic and fierce teenage sister. And, more recently, 60 episodes of *The Fosters*. *The Fosters* is about a lesbian couple raising five teenagers, four of whom spent time in foster situations and got adopted by this family. Ruth and I also watched (after Grace went to bed) the British series, *Sex Education*, and again it is about the complexities of family life—a brilliant show. Our other daughter, Leela, is 17, and both our girls are adopted from Guatemala, and each show has profoundly resonated on many levels. These shows have truly helped me understand my role as a parent of teenagers. Worth two years of family therapy, I'd say.

The pandemic has been a gift in many ways, as I've found myself gliding into new choices about my work. New ways that I had been contemplating for a long time but had not actualized. And the way the pandemic has sadly stretched out has allowed me to gently pace the making of those changes in my work life at the bookstore. Having so much slow down has allowed me a slower tempo in other areas, too.

How do you see your work life changing as a result of this period in your life?

I am ready to retire from running Crazy Wisdom Bookstore after 31 years and let Sarah Newland run it (though Ruth and I will continue to own it.) She has been with us for 27 years and is oh, so capable of running it well. Oh, what a relief! I see staying devoted to our print publication and weekly online e-zine, and traveling more, once the pandemic ends.

The passage of time can feel faster now that I'm in my 60's, and so the passage to 80 is not going to take that long, subjectively. I had better take the trips I have been wanting to take while I am healthy and energetic and still inspired to see more of the world. Then again, Grace has six more school years at home, so I intend to relish those years with her. And our Leela has just returned home in July, after three years in boarding school in Montana. I have missed her being part of our family's sheltering in place together, and I'm so excited about that happening now (with a dash of anxiety tossed into that mix).

Have you indulged in any guilty pleasures while in quarantine? If yes, what?

Pleasures, yes. Guilty, no. The best pleasure in the spring was taking long midday and later afternoon walks in our Burns Park neighborhood. The greatest pleasure of this past summer has been taking regular ocean swims on a very secluded beach, but it is a pleasure I have indulged in for years before I knew the word "coronavirus."

When you were a child, what did you dream of becoming as an adult?

I had ambitions to be the first Jewish President, an Oscar-winning actor, a major league second baseman, a publisher, writer, to star in *Oliver*, a dancer, real estate magnate, talk show host… perhaps fairly typical fantasies for a white boy growing up well-to-do in the 1950's and 60's. My fantasies had an immature

quality to them, and only when I started smoking pot in earnest when I got to college at U-M did my understanding of myself and the world deepen. From then on, I mostly fantasized about being a psychotherapist, a writer, or a publisher/editor.

What inspired you to become a publisher/editor/bookstore owner?

Life happening. From the age of 9, I was a prolific writer for my summer camp weekly, and then wrote for high school and dorm newspapers, and started an alternative post-college magazine, *The Alchemist of Ann Arbor,* with Sue Budin and Tom Cavalier and others. So, I had a bent for writing and publishing since I was little. I have always loved putting my thoughts down on paper and then having others comment on them. Publishing for the people in my own town is fun and satisfying. Local publishing is meaningful. I remember the feeling of pride and satisfaction I had the time I walked into the Central Café on South Main Street, in 1979, and saw a few people sitting and reading my just-published cover story on the unionization of the University Cellar Bookstore. I had found my calling.

Did your childhood dreams manifest in your adult life? How?

I guess so. (See above.) I feel lucky and grateful.

What will have changed in your life permanently due to covid-19?

I hope I survive the pandemic. Sometimes I wake up with anxiety that I will not. Then I swim, and my anxiety lifts. Hard to say yet how my life may change because of this pandemic time. But it has disrupted and altered the chemistry of daily life in profound ways.

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

One essayist wrote that, unlike the Vietnam War, 9/11, stock market gyrations and recessions, the pandemic has had a direct effect on each and every one of us. It has been fascinating to be an observer of this, and a participant.
My heart aches when I let myself really take in the suffering this has caused, the illnesses and death, the dislocation and financial ruin, the fear it has engendered in all of us, the hardships for so many. What will come out of it, I do not know. I tend to imagine that once a vaccine starts to be widely distributed, the fear will rather suddenly evaporate, and there will be an understandable but risky euphoria. Risky not in terms of a health risk, necessarily, but I wonder if there will be an all-too quick "return to normalcy" and whether our culture will overwhelmingly begin again to over-indulge. If that is so, I can picture a rapid casting aside of some of the deeper culture-wide insights and possibilities that have come from this time period. This has been a very traumatic episode for all of us, whether we can currently let that in, or not.

I think the most profound aspect of this has been to remind us of our mortality, and of the randomness of it all. Or, as Bronwen frames it, "a necessary spiritual awakening for us all."

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
September through December 2020 - Issue 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal*

on newsstands now and also online!

What's Up In Our Community

A Conversation with Sandy Wiener

Sandy Wiener, in his nonlinear and adventurous life, has worked in Africa and Asia, mainly for government, with lots of travel in between assignments. He was also involved in NYC's Model Cities program, written articles for The Village Voice, started NYC's first wine bar, and lent a hand for political campaigns in Michigan. He and his wife, Sarah, moved to Ann Arbor after their third child was born, about 30 years ago.

In recent years, he has deeply immersed himself in all kinds of consciousness explorations, all around the country and the globe. Locally, he's been on the Board of the Deep Spring Center for Meditation, and a Board Member and great advocate for the Rudolf Steiner School of Ann Arbor. He's also hosted some of Crazy Wisdom's most interesting Salon Evenings over the last ten years.

Sandy in a "normal" year, you travel to the West and East coasts for conferences, often about consciousness, precognition, and the like. So, how have you been occupying yourself during these pandemic months?

Actually, as I am writing this, in early November I had planned to be in the Bay area for the annual Conference on Science and Non-Duality. And then at Esalen, with Charles Eisenstein. But here I am instead, and somehow more and more busy. Helping to coordinate groups, like our local Noetic Sciences community; arranging healing sessions through Deep Spring; encouraging Yale classmates to write vignettes of their life stories for our class website, and spending more time with friends. Also going through boxes of memorabilia and bookshelves and collected art objects from my trips around the world, trying to figure out what's to be done. Altogether, I am comfortable.

You're now over 80. Has the pandemic trimmed your sails much, frightened you, awakened you, or what? Please share with us what the gift of these pandemic months has been for you.

No trimming or frightening from the pandemic itself, but good awakening! Arising out of two plant journeys. A deep Tarot card reading and interpretation. Being part of three writing groups (one led by Dick Mann, known to many who may read this).

Lying in bed in the morning, often in a hypnagogic state, having insights come into me. Becoming more relaxed and mellow. Which maybe all could have happened without the pandemic, but maybe not.

The past months have certainly been frightening, too. With the onslaught of climate change tipping points, and the existential divisions in our country's tribes. What will have happened in our world over the next ten years? This is very discouraging, but is tempered for me by the Buddhist concept of impermanence and the long view.

You've been a great fan of the Waldorf approach, and of our local Rudolf Steiner School (and a former member of its Board). They've been bold in carefully re-opening their doors to in-person learning this fall. What's your sense of how it's going for them over there on Pontiac Trail and Newport Road?

Under State guidelines, Steiner developed a plan to accommodate students with options for both in-person and virtual learning. Teachers quickly re-imagined the curriculum, to present both on-line and hard copy teaching packets. Not easy, but they have learned a lot and have stream-lined and enhanced a hybrid program that is creative and energizing for students.

With this hybrid approach and expanded tuition assistance, they were able to keep nearly all of their families (great news!). From what I gather the plan is going well, and they have been able to adjust to different challenges that come up.

Because Waldorf education values being in the outdoors, it's been a natural fit to teach and learn in the surrounding natural environments. Creating art has also been a productive outlet for students as they navigate these different changes in their daily lives. We are very proud of these efforts.

An unpleasant change for me though: Previous to Covid I could come to the school for various meetings and occasions. But not now. I miss this very much.

What have you been doing for fun and pleasure lately?

Comfortable in my home life with Sarah (over 40 years now). Staying in touch with more friends, via zoom, emails, and some meetings in person. Still eating well. Lots of YouTube music, plus live concerts via zoom (so much creativity here). Reading many blogs online. But too much fascinating news on TV, more than I need.

Also, I am becoming entranced/absorbed with blogs and videos of our natural world and what I take in on my walks. They bring such a feeling awe and wonder that our universe, our life, presents to us. Including entering the lives of cells and beyond. And the immensity of what we can see, for now, in our universe. All overlaid with the great Mystery: What's Going On, and Who, What, Why Am I? So much! Lucky me!

Have you gotten to see your young adult children much over these months?

Not nearly enough. None are around Ann Arbor now. Nell has taught music and been administering the Waldorf School in Keene, NH for 11 years; she recently married her longtime partner Annie, a restorer of old canoes. Alec recently became a homesteader deep in the Arkansas Ozarks. Eliza is a flower farmer up the Hudson, and will be marrying her farmer partner Brendan next Labor Day, in Western MA, where they plan to settle.

Yes, a lot of Steiner Waldorf influence here, I'd say. Along with parental encouragement.

We do talk with them by zoom frequently. Sarah and I will head to the Ozarks for Thanksgiving, and we can hardly wait to get back East, to Nell and Eliza, partners, and lots of friends.

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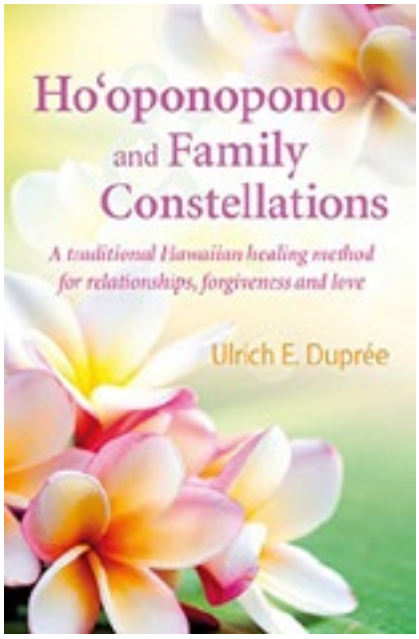
Crazy Wisdom Book Pick of the Week



*Ho'*oponopono and Family Constellations
by Ulrich E. Duprée

Take a moment to think hard about your relationships. The first one to come to mind may be with your partner or parents but there are many others in your life: relationships with your colleagues at work, your body, your past and future, your finances, even with the clutter still left in your closets. Many problems are relationship-related, and the good news is that you can heal all your relationship issues!

With his best-selling title "Ho'oponopono", Ulrich Emil Duprée revealed a healing method for solving problems and conflicts by using the Hawaiian reconciliation ritual to forgive both ourselves and others. This is given even greater power when combined with the method of systemic family constellations. A constellation allows underlying conflicts to be aired and resolved. It helps us to experience love and inner peace through the feeling, deep in our hearts, that we are all interconnected.

Purchase your copy of *Ho'*oponopono and Family Constellations at shopcrazywisdom.com.

The winter issue of *The Crazy Wisdom Community Journal* is coming! With articles on local happenings, artists, and practitioners. You don't want to miss it!

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Diploma Course.....7 Months

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Naturopaths: 1 per month - Massage: 2 per month

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The Crazy Wisdom weekly Calendar

Animal Communication

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Channeling

Remembering Wholeness via Zoom • November 22• 2 p.m Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness: The powerful energy of The Mother gets transmitted as she looks directly at each person through the camera. Number of participants limited; register early. For more information email om@deepspring.org or visit deepspring.org/evenings-with-aaron-fall2020.

Energy Work

Light Worker Activation - Ongoing Wednesdays - with SANDYA - Sandra Shears • December 9 • 7 a.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. In person or online. For more information email sandya2033@yahoo.com.

Light Worker Development - 3rd Friday every month with SANDYA - Sandra Shears • December 9 • 7 p.m. • Group light work with current spiritual, astrological and energy events - includes energy adjustments, energy activation, and sound attunement. $100 per month on-going commitment; includes personal setup. For more information email sandya2033@yahoo.com.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • November 20 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels • November 22 • 6 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • November 22 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Healthy Boundaries • November 22 • 12 p.m • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

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COVID-19 Grocery Shopping Tips:

Shop alone, if possible

Wear a mask when you shop

Use sanitizing wipes to wipe down carts

Maintain social distance 6 ft apart

Use hand sanitizer to disinfect your hands before and after shopping

For me, every hour is grace.
And I feel gratitude in my heart
each time I can meet someone and
look at his or her smile.

—Elie Wiesel

Photo by Debby Hudson on Unsplash.